



How to Help

If the *Heart Gallery* portraits have kindled your interest in taking a role in the lives of those supported by the Department of Social and Health Services and its partners, this guide will direct you on **How To Help**.



How to help children & youth

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HEART GALLERY PARTNERS: | Artech Fine Art Services | Benham Gallery | Boeing | Casey Family Programs | DSHS | Families for Kids | King County Long Term Care Ombudsman Program | Northwest Adoption Exchange | Seattle Mayor's Office of Arts and Cultural Affairs | Seattle-King Co. Area Agency on Aging



Call toll free:
Statewide Families for Kids Recruitment
1-888-794-1794
www.familiesforkids.org

Find information on the DSHS Foster Parent Web site:
<http://fosterparent.dshs.wa.gov/parenting.asp>

Foster care is the temporary placement of children with families or individuals outside of their own homes into licensed homes due to child abuse or neglect. The goal of foster care is to provide for the physical, emotional and social needs of children in a “substitute” family setting until the child’s own family can be reunited. Some children may ultimately be placed for adoption.

DSHS Offices of Foster Care Licensing (OFCL):

- **King County**
Region 4 OFCL
2809 26th Ave. S.
Seattle, WA 98144
206-721-6610
- **Pierce, Kitsap Counties**
Region 5 OFCL
1949 S. State St.
Tacoma, WA 98405
253-983-6434
- **Snohomish, Skagit, Whatcom, Island, San Juan Counties**
Region 3 OFCL
840 N. Broadway
Building B, #540
Everett, WA 98201
425-339-2961
- **Thurston, Mason, Clallam, Jefferson, Grays Harbor, Lewis, Cowlitz, Clark, Pacific, Wahkiakum, Skamania Counties**
Region 6 OFCL
6860 Capitol Blvd. S.
Building #342
Tumwater, WA 98504
360-725-6765



Adopt a child

Section B

Call Northwest Adoption Exchange

1-800-927-9411

www.nwae.org

Find information on the DSHS Adoption Web site at:

<http://www1.dshs.wa.gov/ca/adopt/intro.asp>

The purpose of adoption is to meet the permanency needs of children who are in the care and custody of DSHS. DSHS strives to find safe and stable families that can best meet the needs of the child.

The Northwest Adoption Exchange has helped find families for more than 3,500 Northwest children since its inception. Each year the Exchange connects thousands of families from all over the United States with social workers handling the cases of waiting children. In addition, the Exchange provides a number of local and regional adoption recruitment activities.

Northwest Adoption Exchange

600 Stewart Street, Suite 1313

Seattle, WA 98101



Become a
mentor to an at-risk teen

Section C

**In Seattle, call
Hazel Cameron
206-464-7700**

Mentoring is a key component in shaping successful futures for young people who have become involved in the criminal justice system. Mentors give youth hope, create positive connections with the community, and help kids develop skills to meet their needs in appropriate, lawful ways. A 2002 research study showed that youngsters mentored through the Juvenile Rehabilitation Administration (JRA) Mentor Program in the city of Seattle committed 34 percent fewer new felonies than youth who did not have mentors. Being a mentor for a JRA youth is typically a 12-month commitment and involves relationship building while youth are in residential care, and ongoing involvement and support for youth when they return to the community.

Elsewhere in Western Washington, contact:

Everett

Monica McAlister
425-339-1912

Olympia

Jael LaSalle
360-486-2230

Tacoma

Glenn Summers
253-476-7100

Vancouver

Major W. Harris, Jr.
360-397-9595



Donate to
the governor's scholarship

Section D

**Call Washington Education Foundation
425-416-2000**

E-mail: info@waedfoundation.org

Governor Gary Locke established the Governor's Scholarship program in 2001 to assist youth living in state-recognized foster, group or kinship care in the state of Washington to enroll in and complete programs of study at eligible colleges and universities in Washington.

Washington Education Foundation

1605 N.W. Sammamish Rd.

Suite 100

Issaquah, WA 98027



Volunteer to help senior citizens & people with disabilities

Section E

Contact

Senior Information and Assistance of Seattle

1-888-435-3377

<http://www.cityofseattle.net/humanservices/mosc/sis/default.htm>

The Seattle Mayor's Office for Senior Citizens

206-386-1001

TTY/TDD 206-684-0274

<http://www.cityofseattle.net/humanservices/mosc/default.htm>

Anyone with concerns about elderly people who are alone or concerns about younger people with disabilities who have unmet social, physical and emotional needs can help by providing companionship, friendship, hobby support, transportation, minor household help and repairs, or life skills mentoring. Agencies listed here can match your special talents with the needs of people at home.

- **Seniors (& Others!)
in Service to Seattle**

Patti-Lyn Bell
206-684-0639
Programs Coordinator
618-2nd Avenue #250
Seattle, WA 98104
Fax 206-684-0494
Patricia.bell@seattle.gov

- **Catholic Community
Services**

Heather Hartman
1-888-649-6850
Volunteer Chore Services
Catholic Community Services
12828 Northup Way #100
Bellevue, WA 98005
heatherh@ccsww.org



Become a

respite caregiver or provide employment for people with developmental disabilities

Section F

**Respite Caregiving
Ellen McMillin
206-568-5726**

Clients with developmental disabilities require a lifetime commitment of love, care, and support to meet their daily health and care needs. Many families of clients with developmental disabilities are the primary care providers for their loved ones. However, caregiver burnout is a real issue for these families providing 24-hour support. Respite caregivers are needed to provide families with “breaks” to rest and rejuvenate their minds and bodies.

DSHS Aging and Disability Services Administration
Division of Developmental Disabilities
Region 4 (King County)

**Employment
Ray Jensen
206-296-5268**
ray.jensen@metrokc.gov

Clients in the developmental disabilities community are seeking opportunities for employment in many community agencies. Individuals with developmental disabilities provide a range of clerical and support services to many agencies and take pride in their work and role as an employee.

King County Division of Developmental Disabilities
821 Second Avenue Suite 400
Seattle, WA 98104



Provide **employment** for people with functional disabilities

Section G

At Renton WorkSource, call
Lynnette Andrews
206-205-3500
www.worksourceskc.org

People with functional disabilities have talents and job skills that can be valuable to a wide variety of employers.

Renton WorkSource
919 S.W. Grady Way #125
Renton, WA 98055



Become a long-term care **ombudsman**

Section H

In Seattle, call
Jessi Dobos
206-675-8068, Ext. 5

King County Regional Long-Term Care Ombudsmen
Freemont Public Association
P.O. Box 31151
Seattle, WA 98103-1151
jessid@freemontpublic.org • <http://www.ltcop.org/>

A volunteer ombudsman is an advocate who works with residents of a licensed long-term care facility, such as a nursing home, boarding home or adult family home, to help the residents improve their quality of life and care while protecting their rights. The federal Older Americans Act mandates the long-term care ombudsman program.

In Tacoma, call:
John Perry • 253-798-3811
Pierce County Regional Long-Term Care Ombudsmen
Pierce County Human Services
3580 Pacific Avenue, Tacoma, WA 98418
www.co.pierce.wa.us



Report suspected abuse

Section I

1-866-ENDHARM

(1-866-363-4276)

If it is an emergency, call 911

Anyone who suspects a child or vulnerable adult is being abused or neglected should call, day or night, toll free, 1-866-ENDHARM.

Learn more about preventing abuse at these DSHS Web pages:

Child abuse prevention resources

<http://www1.dshs.wa.gov/geninfo/capmonth.html>

Protect our vulnerable adults

www.aasa.dshs.wa.gov/topics/abuse/